

NAME
COURSE/ EXAM #
EXAM DATE

PLAN TO ACE THE EXAM

# OF DAYS TILL EXAM	# OF DAYS I WANT TO STUDY	DATE I WILL START STUDYING
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STUDY SPACE

CHECKLIST

- SNACKS
- TIMER
- UTENSILS
- MATERIALS

How long will you study? How long are your breaks?

Note: Research indicates that our brain works best if we study no more than 50 minutes straight with at least a 10 minute break before continuing.

However, it is recommended to study 45 minutes with a 15 minute break to reduce burn out.

<i>Study Time</i>	<i>Break Time</i>
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STUDY DATES SCHEDULED ON PLANNER

REWARD LIST/ BREAK IDEAS

PRIORITIZE A LIST OF MATERIALS YOU WOULD LIKE TO STUDY	HOW WILL YOU STUDY THIS MATERIAL?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

GRADE OBTAINED	REFLECTION
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